



**Healthy
Living**

OBSERVE! DECIDE! ACT!

CORONAVIRUS DISEASE 2019 (COVID-19)

Information leads to knowledge. Knowledge leads to the practice of prevention. The practice of prevention promotes Health.

You can access the most current information regarding COVID-19 from:

[Center for Disease Control \(CDC\)](#)

[World Health Organization \(WHO\)](#)

[Department of Health and Senior Services \(DHSS\)](#)

[Department of Mental Health \(DMH\)](#)

DHSS and the CDC are responding to an outbreak of respiratory disease caused by a **novel (new) coronavirus** that was first detected in many locations internationally, including in the United States. The virus has been named “**SARS-CoV-2**” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “**COVID-19**”).

Stressed by COVID-19? Access these resources for your emotional health:

DHSS COVID-19 24 hour hotline: 877-435-8411

Disaster Distress Helpline: call 800-985-5990 or text “TalkWithUs” to 66746

Please note: Guidance may change in the upcoming days and weeks as more information is available. The information provided here, obtained from the CDC’s [Frequently Asked Questions page](#), is to be used as a guide and is not a substitute for licensed physician oversight, treatment, or diagnosis.

Educate Yourself and Stay Informed by Early Identification of...

Signs and symptoms: Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, shortness of breath or difficulty breathing, chills and/or repeated shaking with chills, muscle pain, headache, sore throat, and a new loss of smell or taste. These symptoms may appear 2-14 days after being exposed to the virus.

If you develop symptoms, call and report this to your doctor. If you are having emergency symptoms such as difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face, or other concerning symptoms, get emergency medical help immediately.

People who are at higher risk of getting very sick: Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

Ongoing spread of COVID-19:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Importance of Being Educated and Staying Informed On. . .

How to support individuals:

- Tips for people who support people with IDD (from Health Risk Screening, Inc.):
 - Consider using telemedicine services which may reduce the need for in-person visits reducing exposure to illnesses. Recently, regulations have been lifted that will help make it easier to use telemedicine services. [StationMD.com](https://www.stationmd.com) has physicians specifically trained in IDD Healthcare.
 - Make sure you have an adequate supply of medications, home supplies, food, and sanitizers .
 - Have the contact numbers of family members on hand.
 - Have updated health information ready, such as a [Health Passport](#), in case a person you are supporting needs to seek medical attention.
 - Practice good cleaning and sanitation.
 - Notify clinical staff if a person you are supporting appears to show signs of any illness.
 - Teach people you support about the virus and good prevention measures like hand washing, covering coughs, etc.
 - Keep routines as usual as much as possible, keeping in mind travel restrictions.
 - Provide the right amount of information to help people understand but not incite anxiety.
 - Take care with what is watched on TV with people who might become anxious from what they see in the news.

Good handwashing:

- [Clean hands](#) are very important to staying healthy. These are times to wash your hands:
 - **Before, during, and after** preparing food.
 - **Before** eating food.
 - **Before** and **after** caring for someone who is sick with vomiting or diarrhea.
 - **Before** and **after** treating a cut or wound.
 - **After** using the toilet.
 - **After** assisting someone with toileting or changing their undergarments.
 - **After** blowing your nose, coughing, or sneezing.
 - **After** touching an animal, animal feed, or animal waste.
 - **After** handling pet food or pet treats.
 - **After** touching garbage.

*To learn more, watch the CDC's [What You Need To Know About Handwashing](#). If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. To make your own hand sanitizer, view these [instructions](#).

Sanitizing: As part of your everyday prevention actions [clean and disinfect](#) frequently touched surfaces and objects daily. For example: tables, countertops, light switches, doorknobs/handles, phones, toilets, and keyboards. Clean with soap and water. **Wear disposable gloves** to clean and disinfect. For more information on disinfecting and sanitizing, including product options, visit the CDC's page on [Disinfecting your home if someone is sick](#).

Social distancing: Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close. Sporting events and religious services may be cancelled. For more information, see SAMHSA's [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#).

Importance of Being Educated and Staying Informed On...

What to do if exhibiting symptoms: If you are in close contact of someone with COVID-19 or you are a resident in a community where there is ongoing spread of COVID-19 and develop [symptoms of COVID-19](#), call your healthcare provider and tell them about your symptoms and your exposure. They will decide whether you need to be tested, but keep in mind that there is no treatment for COVID-19 and people who are mildly ill may be able to isolate and care for themselves at home. For more information on testing, please visit the CDC's [website](#).

What to do when diagnosed with COVID-19: If you or someone you care for is suspected of or has been diagnosed with COVID-19, there is information from the [CDC](#) that can help you understand your responsibilities to keep the disease from spreading, such as:

- You will need to stay home except to get medical care.
- You will need to separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- When to wear a facemask.
- Cover your coughs and sneezes.
- Clean your hands often.
- How to clean your home to make sure you remove any germs.
- How to monitor symptoms.
- When you can stop separating yourself from other people and be safe not to spread the disease.

How to cope with anxiety—Connect with others: Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.

For more information, please see SAMHSA's [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#) and the Missouri DHSS' [Handling COVID-19 Anxiety](#).

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Other resources:

- [Plain Language Booklet on Coronavirus](#)
- [Plain Language Booklet on Coronavirus \(en español\)](#)
- [How to Prepare for COVID-19 & Special needs](#)
- [ANCOR's COVID-19 Resource Center](#)
- [Administration for Community Living's COVID-19 information](#)
- [Coronavirus Resources for DSPs](#)